

RILEY COUNTY FREEZING FALCON RELAYS

TRACK & FIELD MEET

Riley County High School, 12451 Fairview Church Rd., Riley, KS 66531

Friday, April 9th, 2021

Field Events: **3:00 PM**

Running Events: **5:15 PM w/ 4x800M Relay.**

Once most field events are completed, we will continue with High Hurdles

Entry fee per school: \$75 per gender, \$150 Total

There will be a brief socially distanced coaches meeting at 2:30pm in the Grand Stand below the press box.

We will provide helpers to run off all the events. We do ask for help monitoring the exchange zones for the 4x100 relay. If you are willing to help please let us know at the coaches meeting.

Teams Participating: Abilene, Blue Valley-Randolph, Flinthills Christian, Manhattan JV, Pike Valley, Republic County, Riley County, Silver Lake, Wamego, Washington County

Entries: Entries will be submitted on-line through DIRECT ATHLETICS by Thursday, April 8th, 2021, at 10pm. Meet will be on Direct Athletics one week before entry deadline. Each school is allowed A **MAXIMUM OF 4 entries in each FIELD EVENT** but unlimited in all events on the track. Coaches can **scratch only** at the press box upon your arrival on meet day. **No Additions the day of the meet.**

Awards: Medals will be awarded to the **top three places** in each individual event and in each relay.

Equipment: Starting blocks will be provided. Each school should provide their own implements and any other equipment needed.

Order of Events: The order of events is listed on the next page. Field events will be given **4 attempts** with NO finals. There will be no prelims. All running events will be finals.

Scoring: Points will be scored 10-8-6-4-2-1 for individual events and 10-8-6-4-2-1 for relays. **A maximum of three individuals may score in any individual event and only one relay may score per school.**

Substitutions and additions: **No Substitutions or Additions the day of the meet.** If you missed something during the regular entry period, please email me or text Coach Woodard before the day of the meet and we will try and make the change.

Pole Vault: Be sure to bring the pole vault verification forms as required by the KSHSAA. Be sure your vault poles are marked correctly. **Starting Heights will be based on entry marks.**

Track Surface and spike regulations: The 400 meter track surface and field event runways are a polyurethane surface that requires spikes no longer than ¼" in length. Please help us monitor this.

Questions: If you have questions you can email jwoodard@usd378.org OR you can call Text at 785-341-1428 (Cell).

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Friday, April 9th, 2021

Field Event Order 3:00 PM

Pole Vault – Girls followed by Boys
High Jump – Boys followed by Girls
Long jump – Boys followed by Girls
Triple Jump – Girls followed by Boys
Shot Put – Girls AND Boys
Discus – Girls AND Boys
Javelin – Boys AND Girls

Running Event Order - 5:15 PM

Girls 4 x 800 Relay
Boys 4 x 800 Relay

Once most field events are completed, we will start with these events

Girls High Hurdles
Boys High Hurdles
Girls 100
Boys 100
Girls 1600
Boys 1600
Girls 4x100 Relay
Boys 4x100 Relay
Girls 400
Boys 400
Girls 300 Hurdles
Boys 300 Hurdles
Girls 800
Boys 800
Girls 200
Boys 200
Girls 3200
Boys 3200
Girls 4x400 Relay
Boys 4 x 400 Relay